

Cheese-A-Roni Bake

Makes: 4 Servings

Bright layers of spaghetti sauce, cheese, and macaroni cook together for one hour in the oven to make a hot meal.

Ingredients

- 1 jar spaghetti sauce, meatless, low-sodium (24-ounce jar)
- 1/3 cup** water
- 6 ounces** cottage cheese, fat-free
- 1 egg, slightly beaten
- 1/2 teaspoon** oregano
- 1 cup** macaroni, dry
- 4 ounces** mozzarella cheese, low-fat shredded

Directions

1. In a bowl combine sauce and water.
2. In another bowl combine cottage cheese, egg and oregano.
3. Grease 1 quart casserole.
4. Spoon in 1/3 sauce.
5. Top with 1 cup macaroni, 1/2 cottage cheese, 1/2 mozzarella cheese and 1/3 of the spaghetti sauce.
6. Repeat layers.
7. Cover with aluminum foil.
8. Bake in a 350°F oven for 45 minutes.
9. Uncover and bake 15 minutes longer.

University of Illinois Extension. Illinois Nutrition Education Program

Nutrition Information

Nutrients	Amount
Calories	414
Total Fat	10 g
Saturated Fat	4 g
Cholesterol	69 mg
Sodium	365 mg
Total Carbohydrate	42 g
Dietary Fiber	5 g
Total Sugars	12 g
Added Sugars included	1 g
Protein	20 g
Vitamin D	N/A